

HINTS
ON
TEMPERANCE
AND
EXERCISE.

SHewing THEIR ADVANTAGE IN THE CURE OF
DYSPEPSIA, RHEUMATISM, POLYSARCIA,
AND CERTAIN STAGES OF
PALSy.

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## PREFACE.

AS the tendency of this work may appear somewhat singular to the world, the author feels it necessary to divulge to the public those motives which have led to its consideration. He begs leave to acquaint them that, having laboured for some years under a dyspeptic habit, he was brought at length to practise, for his own relief, both Temperance and Exercise; having previously tried, without beneficial effect, the use of most medicines applicable to the disease, such as emetics, tonics, carminatives, cathartics, &c; but found no permanent relief till he sought

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sought for it from Exercise and Temperance: these repaid his toils with health and strength; and though it is often exceedingly difficult to persuade men to break in upon their established habits, or to renounce the pursuit of pleasures which they have so often practised with seeming impunity; yet without it, not only this disease, but many others, prove unspeakably more obstinate.

The symptoms of dyspepsia are a want of appetite, a squeamishness, sometimes vomiting, sudden and transient distentions of the stomach, eructations of various kinds, heart-burn, pains in the region of the stomach, and a costive habit. These frequently occur in the same person, and arise from either a defect of the quality of the gastric and other juices, or from a weakened state of the muscular fibres of the stomach. This disease may or may not be connected with others; but sometimes



times arises from an organic affection of the stomach, such as a tumour, ulcer, or schirrosity. In such cases, it can then only be cured by curing the primary disease. The long use of bitters and astringents only serve to destroy the tone of the stomach and of the whole system, and should only be employed occasionally, joined with carminatives and cathartics, to remove violent symptoms, as those of flatulency, constipation, and total loss of appetite; as may also magnesia, and prepared chalk, to relieve the heart-burn; but in these respects they only aid Temperance and Exercise in their more lasting effects; without which, the urgency of the symptoms would compel the patient to swallow medicines by wholesale, and that even to no purpose, as medicine is but a palliative, while Temperance and Exercise strengthen the whole body. The stomach also participates of this benefit,

nefit, which is produced in a particular manner by its promoting perfpiration, and exciting the action of the vessels on the surface of the body, between which, and the muscular fibres of the stomach, there is a peculiar consent. This is clearly proved by that sharp appetite which arises from riding on horseback, or sailing in a clear, dry, and cold air. This proves its restorative effect; and ought to stimulate us to an exertion of those powers, which in time may rouse the latent springs of health to their original state of perfection. This led me to consider not only its effects, but the different degrees of exertion that might be instrumental in producing a renovation of health. To this end I began with moderate Exercise, and though I commenced with but a weak frame, yet the desire of health supported the arduous task with regularity, and by degrees I felt myself emerge from debility  
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and weakness to strength and health, till at length I was enabled to hold firmly over my head, at arm's length, a weight not less than one hundred and a half; my appetite was restored, my digestion recovered, and my frame bore those marks of health and strength that go beyond all controversy.

Having persevered thus with advantage for upwards of a year and a half, in the commencement of which I was much troubled with rheumatic affections, I found them invariably give way to Exercise\*, and the occasional use of a preparation which I have commonly used in my practice,

I was led from this, to consider the subject in a more general light; and, having wrote my ideas upon it, and shown them to such of my friends as were in similar circumstances, they not

\* i. e. The exercise of dumb bells, &c.

only approved of the plan, but by adopting it, reaped a like benefit. In consideration of their solicitations, and the good will I owe to mankind, I have thought fit to comply with their request, by publishing the same: and my earnest wish is, that those may obtain a similar advantage, who have resolution enough to give it a fair trial.



HINTS



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HINTS

ON  
**TEMPERANCE AND EXERCISE.**

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**T**HE benefits resulting from Temperance and Exercise, if properly arranged and persevered in, are incalculable. They will more especially relieve us from that state of pain and nervous irritability, so common to chronic diseases; and, in many instances, will act as a preventative, where the disease does not originate from any organic defect. Temperance is the nurse of every virtue; it gives stability to every thought, and force to every action; whilst Luxury enervates both soul and body, rendering men capricious, cruel, and base:

It is the cause of by far the greatest number of diseases, and increases the force of all.

The value placed on Temperance and Exercise by the Ancients, cannot be better illustrated, than by the laws, which, in various states, were formed to forward the spirit and ardor of their youth. These laws, along with their frugal diet, contributed not a little to preserve the health of their citizens, as well as the prosperity of their respective kingdoms; as, for instance, the famous work of Lycurgus, viz. the Spartan Legislation, which has been the wonder of succeeding ages, and subsisted during a space of more than 700 years; and the games and combats among the Greeks, which were principally encouraged because they were admirably adapted to render the bodies of their youth robust and vigorous. They likewise formed a part of their religious worship;

ship; and were said to be originally instituted by those famous heroes of antiquity, Hercules, Theseus, Castor, and Pollux.

The greatest poets of those ages aspired to glory by celebrating the praises of those who conquered or excelled in them.

In process of time public instructors in these exercises arose who formed a separate profession of themselves. Of these games there were four principal ones:—the Olympic, the Pythian, the Nemean, and Isthmian games. The Olympic games were the most famous of all: their first institutor is unknown; though Pelops is, with much probability, generally considered as such. No particular time was at first set apart for their celebration; but, about the year of the world 3220, Iphitus, king of Elis, fixed them to every fifth year. They were consecrated to Jupiter, and performed in the neighbourhood of Olympia,

Olympia, a city in the district of Pisa. An Olympiad was a period of four years, being the space of time that intervened between one celebration and another; and they reckoned their chronology altogether by Olympiads.

The Greeks exerted their utmost efforts to support the magnificence of these games, which were regularly celebrated while that people maintained their liberty. The vast concourse of spectators which constantly flocked thither, inspired the combatants with the highest spirit of emulation; and to come off victorious was esteemed the greatest glory, according to Pindar, Horace, &c.

Victory there raised the conquerors to the rank of Gods. The prize was a crown of laurel; and every Olympic was distinguished by the name of the conqueror in the Chariot Races, which were esteemed the most honourable of all.

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The Pythian games were celebrated at Delphos every fourth year, in honour of Apollo; and particularly in memory of his victory over the serpent Python. The victor in them was also crowned with laurel.

The Nemean games were celebrated every second year at Nemea, a city of the Peloponnese, in honour of Hercules, who destroyed the lion which had infested the forest of Nemea. The victor in them is crowned with parsley.

The Isthmian games were celebrated every fourth year in the Isthmus of Corinth, in honour of Neptune. The victor in them was crowned with pine leaves.

During the celebration of each of these games, a general suspension of arms took place through all Greece, if, at the time, war happened to prevail between any of the states. These more solemn games were, no doubt, at first established by the Greeks, with a view to draw together the  
leading

leading men in the different states of Greece, that they might have an opportunity of deliberating on matters of government and general concern, as well as to inspire the youth with a love of glory.

As a farther proof of the high value in which the Ancients held Temperance and Exercise, many of the greatest men of antiquity were rigidly temperate and laborious. Their mode of education, as well as succeeding great actions, prove there was no want of activity or exertion for the public good. Their exercises served as a recreation, improving the bodily health, and giving fresh force to the enquiring mind to participate fully in every species of mental improvement, being admirably adapted to the increase of both. Of this number, are Agesilaus, king and general of the Lacedemonians; Lyfander, who made the Athenians tremble; Philopœmen, general of the Achæans; but, chiefly,

chiefly, Epaminondas, that truly great and valuable general of the Thebans ; Pelopidas, his friend and countryman ; and Aristides, of Athens. While Greece nourished such citizens as these, and many others belonging to her different states imitated them, she was powerful and glorious. Such also was Hannibal, the Carthaginian general: no fatigue was able to subdue his body, nor misfortune to break his spirit. Also Quintius Cincinnatus, the Roman, who, though he had given up all views of ambition, and had retired to his little farm, yet his countrymen knew his merits, and found, by experience, that the hands which could guide a plough, could save a state; and, though the Senate would have enriched him, he chose rather once more to retire to his farm and his cottage, content with temperance and fame.

Those

Those who are acquainted with the history of these men, will doubtless allow them to be the ornaments of the age in which they lived. Junius Brutus may be admired as the friend of justice, and founder of Roman liberty, for the tyranny of Tarquin to the Romans and his family had been great. It is not very likely that such men as the following should be bred in luxury; viz. Horatius Cocles, a private soldier, who saved Rome by defending a bridge; or Mutius Scævola, who killed the secretary of King Porfenna, in the midst of the army, whilst paying the troops; \* or old Siccus Dentatus, the Tribune, who was murdered, by the orders of the Decemviri, for his integrity to the interests of the Roman people;

\* This king was one of the kings of Etruria, who had nearly taken Rome; but who, after this, made peace with the Romans, leaving them in possession of their liberties.



ple; or Regulus, an old Roman general, who disdained to sell the liberties of his country, though it cost him a cruel death; also Timoleon, general of the Corinthians, who restored to liberty Syracuse, and all the cities of Sicily. These were men not nursed in the lap of ease, nor enervated with luxury, far nobler thoughts animated them; being vigorous both in mind and body, they were capable of those things, on account of which they stand forward, in the pages of history, as examples to future ages. So do also Maximinus, and Claudius Aurelian, who were both Roman Emperors; the former, A. D. 235; the latter, A. D. 270. These were men famous for personal courage, not partizans of effeminate luxury: but the cruelty of these two Emperors very much tarnished their glory.

Now let us take a comparative view of those who gloried in luxury; and history

will show us the train of evils it carries with it. Of this number are, Tarquin the Proud, the seventh King of Rome; Appius, one of the Decemviri; Apicius, one of the greatest epicures that ever was; and the following Roman Emperors:—Tiberius, A. D. 15; Caligula, A. D. 39; Nero, A. D. 55; Vitellius, A. D. 70; Domitian, A. D. 81; Commodus, A. D. 180; Caracalla, A. D. 211; and Heliogabalus, A. D. 218. These were the chief among the Romans; but other places were not without their tyrants at times; as, for instance, Alexander the Great, who tyrannized over the unfortunate Tyrians, and in fact over all Europe and Asia; Dionysius, tyrant of Syracuse; Tymophanes, tyrant of Corinth; and Ochus, who succeeded Artaxerxes in the Persian empire.

There were besides, many tyrants set over the cities of Greece by the Macedonian power; but among the worst  
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was Aristippus, who domineered at Argos; and Nabis, tyrant of Sparta.

History shows the actions of these men in such a light as proves that luxury does not humanize the heart, but rather serves to render mortals more irritable, and increases that suspicion so natural to a vindictive disposition; besides destroying the very fountain of life, by drying up its sources, it renders the body emaciated, and the mind imbecile.

“ O Luxury, thou messenger of fate,  
 “ Thou bane, thou poisoner of every state;  
 “ Insidious spoiler, slow consuming foe,  
 “ Author of every grief, of every woe:  
 “ How chang’d the times! How alter’d! How de-  
   prav’d!  
 “ Merit is fetter’d, and her sons enslav’d.”

Temperance has those particular advantages over all other means of preserving health, that it may be practised by all ranks and conditions, at any season,  
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and in any place; it is a kind of regimen which any man may put himself under, without interruption from business, expence, or loss of time.

Nature delights in the most plain and simple diet; every animal, man excepted, keeps to one dish; herbs serve one, flesh serves another, and fish a third; but man falls on every thing that comes in his way. Socrates, notwithstanding he lived in Athens during a great plague, never caught the least infection, which is ascribed to that uninterrupted temperance he always observed. This ought to be a lesson to us, that it is neither the quantity nor variety of the food that is of so much consequence as its quality and due proportion. This depends upon our habit of body, and accustomed occupations in life; a due attention to which would often check diseases in the bud, and render others less obstinate; and it would as-

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sist the habit materially to repel the effects of those contagious effluvias, which produce such havoc in debilitated constitutions.

Temperance, then, considered abstractedly, possesses a cordial and restorative quality, invigorating the weak, and prolonging strength to the healthy. It is that state, in which every part of our frames contributes to its predestined use, with the greatest advantage to the whole; and creates that harmony in the actions of all, which eventually terminates in health. Exercise, on the other hand, assists Temperance, by quickening its powers, and promoting those changes in our system which, if properly and judiciously conducted, might form no small part of the curative branch. The effect of Exercise depends upon the powers of the habit on which it is tried; but, considered in itself, when moderate, it is a  
stimulant

stimulant and diaphoretic; when long persevered in with judgment, it is a tonic; but, when carried to excess, proves a debilitant: therefore, wherever diseases indicate the necessity of these powers, and the patient has strength sufficient left to use Exercise, it immediately becomes a proper remedy, and preferable to all others.

No one will deny its use in paralysis, rachitis, polyfarcia, and many other disorders which produce debility; but more especially in dyspepsia, and chronic rheumatism. It braces, and gives the patient new life, and thus becomes an essential restorative. On this principle rests the chief good that is obtained by journies. It is the Exercise, as much as the change of air and objects, that promotes those secret workings of nature which have so often surpassed the profoundest skill in the curative art: therefore Exercise, if performed

formed with regularity, and persevered in with judgment, will, in many instances, supersede the necessity of journies, so expensive, and often impracticable to the sick.

But it's more immediate use should be confined to the cure of chronic rheumatism and polysarcia. These disorders it will eradicate, where the patient is otherwise properly assisted, as well as considerably relieve, under certain circumstances, those paralytic patients, who have the least power to use it.



OF

## THE RHEUMATISM.

OF this disease there are two species; the one named acute, and the other chronic.

First, *The Acute Rheumatism*. This is attended with such a degree of phlegmonous

nous inflammation and fever, as to preclude the use of Exercise, as a remedy, till the force of the disease is spent; and the weakness induced by it, requires the habit to be braced by its restorative efficacy. This is frequent in cold, and more uncommon in warm climates; it appears mostly in autumn and spring. It may occur, however, at any season, if the vicissitudes of heat and cold be frequent. It generally arises from the application of cold to the body when unusually warm; or when one part of the body is more exposed than another; or when the application of cold is long continued, as when applied by wet or moist clothes. These causes may affect persons of all ages, and of every constitution, but generally those of a sanguine temperament, who lead an indolent life. It is particularly distinguished by pains affecting the joints only, for the most part; but sometimes affecting

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ing also muscular parts; and the pain often shoots along the course of the muscles from one joint to another, and is much increased by the action of the muscles belonging to the joint or joints affected: the larger joints are most frequently affected, such as those of the hips, knees, shoulders, and elbows; the ancles and wrists are also often affected, but the small joints, such as the toes and fingers, seldom suffer. This disease, though sometimes confined to one part of the body only, very often affects many parts at once; it then comes on with lassitude, rigor, a sense of weight and coldness in the extremities, a quick pulse, thirst, great restlessness, and obstinate costiveness; the tongue is generally very foul, and covered with a white mucus. In a day or two after the attack, an acute pain is felt in one or more joints of the body, which is soon followed by tumour, inflammation, and

commonly redness, the part being painful to the touch; it is very moveable into other joints, and often returning on the part or parts first affected; the urine is very high coloured, and often deposits a sediment; the pulse is generally strong and quick; and there is sometimes a disposition to profuse sweating early in the disease, but it is seldom free and copious, or proves critical in removing the pains. It is also not uncommonly attended with transitory and acute pains in the chest and muscles of the body, with symptoms of cough and catarrh.

The Acute Rheumatism is not a disease that proves frequently fatal; but it leaves the body extremely weak, very irritable, and much disposed to a relapse. It has no regular period of termination; and often shows an early tendency to remission. Sometimes, and, in fact, most commonly, pains are felt in particular parts, before any symptoms

symptoms of fever appear; both the pains and exacerbation of fever are more violent during the night, and the pains seem to be increased when the body is covered closely and kept warm. It rarely happens that the fever continues to be considerable for more than two or three weeks; and, when it abates in its violence, the pain in the joints is less violent and changeable, being more limited to one, or but a few joints only.

The Acute Rheumatism, though it partakes so much of the nature of other phlegmonous inflammations, yet it differs from them in this, that it is not apt to terminate in suppuration, but the disease sometimes produces effusions of a transparent gelatinous fluid, into ligamentous and tendinous parts. If we may be allowed to suppose, that such effusions are frequent, it must also happen that the effused fluid is commonly reabsorbed, or  
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else it will produce stiffness, and sometimes an anchylosis of the joints. It terminates by a gradual, though sensible, diminution of the fever and inflammatory symptoms, which is preceded either by a moderate increase of perspiration, a copious sediment in the urine, or a diarrhoea. Sometimes it has happened that a fatal translocation of the disease has taken place from the external parts to the head, which has produced delirium, pale urine, and death.

The limits between the Acute and Chronic Rheumatism are not always exactly marked, but while the pains are still ready to shift their place, when they are especially severe in the night, when at the same time they are attended with some degree of fever and swelling, especially with redness of the joints, the disease is to be considered as still partaking of the nature of Acute Rheumatism. There is not any perfect agreement among authors with  
regard



regard to the proximate cause; but, I think, strong arguments might be adduced in favour of its rising from acrimony. Dr. Mackbride and others are of this opinion: they suppose it to arise from a peculiar acrimony, nearly allied to the gout; but yet, if we may judge by appearance, as distinct from it as that which gives rise to the measles is to that which occasions the small-pox. In the rheumatism, the morbid matter fixes on the muscles, with their common membrane and the tendons; whereas, the arthritic acrimony is directed to the ligaments which connect the joints; thus, for instance, in the rheumatism, the muscles, together with their common membrane and tendons, where they are inserted into the bones, are affected with violent pain and spasms in the limb, and other parts of the body; but, in the gout, the tendinous, nervous ligaments, whereby the bones are joined together,

together, in as much as they unite with the periosteum, are more vehemently affected. But, as in a beginning gout, the pain is seated more in the surface of the ligaments; so in an obstinate one, the vitiated humour, which occasions the pain, is more deeply seated in the joints.

There is also this difference between the gout and rheumatism; the gout returns with greater frequency, gives more pain, lasts longer, and is harder to be cured; but the rheumatism sometimes seizes a person but once or twice during his life, does not last so long, and is more easily cured. The pain likewise often differs in the two diseases; for, in the rheumatism, it is more tense, heavy, and the part having less heat, tumour, and redness; but, in the gout, the pain is tearing, pungent, burning, and threatens the bursting of the part affected, which appears

pears to be much swelled and red. Add to this, the gout always arises from an internal cause, and is most commonly preceded by flatulence, indigestion, and affections of the stomach; it affects the small joints more than the large; the parts affected are more acutely painful to the touch than in the rheumatism; and the retrocession to the internal parts more common; creating there affections more excruciating and dangerous.

The gout, in many instances, is hereditary; but it commonly arises from luxury and indolence, and is said to carry off other diseases.

I now come to the consideration of the cure of the Acute Rheumatism.

As this disease originates from suppressed perspiration, and a consequent acrimony in the fluids having taken place, which is deposited on the affected parts, producing irritation, and creating phlegmonous

monous inflammation, with fever, it naturally indicates the propriety of an antiphlogistic regimen, and more especially a total abstinence from animal food, and from all fermented and spirituous liquors; substituting a vegetable or milk diet, and the plentiful use of diluent drinks. If the pulse is frequent, full, and hard, blood-letting becomes essential to reduce the hardness of the pulse, and violence of the pain; but to this some bounds should be set, for very profuse bleedings occasion a slow recovery, and debilitate the system; therefore, after one or two general bleedings, if the pain remains considerable, topical bleedings will, with more advantage, supply their place.

The necessity of frequent bleedings may be much obviated by a strict attention to the antiphlogistic regimen, and the frequent use of purgatives; of these, the neutral salts are best, as possessing, in  
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some measure, a refrigerant power; of this kind are Glauber and Epsom salts, with many others equally applicable: but where the inflammation, redness, tumefaction, and pain, remain obstinately fixed in any part or parts, the inflammatory diath, being previously removed, the patient will find a termination to his misfortune, by using externally to the part or parts affected, an embrocation, which, from its use, may be called Anti-rheumatic Essence: this, by gently stimulating the obstructed parts, opens the pores, and sets free the offending matter, which is carried off, either by perspiration, a copious sediment in the urine, or critical diarrhœa. The same effect also may be produced by the judicious application of any other preparation possessed of the same powers. This effect is much assisted in those habits which perspire with difficulty, by the occasional use

of antimonium diaphoreticum nitratum, or any other preparation of antimony united with opium, to produce the same effect. This practice being followed up with perseverance and judgment, I have no doubt of its efficacy being answerable to the expectation of the patient, in the cure of the disease. The body, as is usual after such severe attacks, will be much weakened, and subject to a relapse, if the constitution be not restored to its usual vigour, by persevering in a moderate, though judicious course of exercise; and this, assisted by a nourishing, yet temperate diet, will usually finish the business, and establish the health of the patient.

Second, *Of the Chronic Rheumatism.*

This is commonly the sequel of the Acute Rheumatism; as, for instance, when the fever attending rheumatism has entirely  
ceased,

ceased, the swelling, and particularly the redness of the joints, entirely gone, but the pains still continuing to affect certain joints with stiffness, and rendering them uneasy on motion or change of weather; and in this state it often continues for a long time, the joints being cold, and not easily made to perspire; or when a free and warm sweat is brought out on the rest of the body, it is only clammy and cold on the pained joints; and when, especially, the pain of those joints is increased by cold, and relieved by heat, the case is then to be considered as purely chronic.

The Chronic Rheumatism may affect different joints; but it is more especially ready to affect those which are surrounded with many muscles, and those of which the muscles are employed in the most constant and vigorous exertions. Such is the case in the vertebræ of the loins, the affection

fection of which is named lumbago; or that of the hip joint, which is named ischias, or sciatica.

Violent strains and spasms, occurring on sudden, and somewhat violent exertions, bring on rheumatic affections, which at first partake of the acute, but very soon change into the nature of Chronic Rheumatism.

Having thus given a description of rheumatism, we must next be careful to distinguish its pains, from those which occur in the syphilis and scurvy. This will be obvious, from the seat of those pains, or from the concomitant symptoms peculiar to these diseases. The distinction of rheumatism from gout has been already explained. I come, therefore, in the next place, to treat of the cure of Chronic Rheumatism.

In this disease, the habit requires a temperate, though nourishing diet; it being  
only



only requisite to abstain from fermented and spirituous liquors, as well as spices of all kinds, these tending only to heat the body without any advantage being gained by them. Our best remedies here consist in warmth and exercise. The external parts should be kept warm and dry, and friction should be frequently employed with the warm hand or flesh brush.

As this disease originates in suppressed perspiration, it indicates the necessity of renovating that important function, so as to bring the body back to its original power of dismissing from the system whatever may become superabundant or noxious. This end cannot be better attained, than by a moderate, though continued course of Exercise, till such time as it produces the three following effects; viz. a gentle stimulus; a regular state of diaphoresis; and, ultimately, that tonic effect, which the long continuance of the disease,

disease, and the debility induced, so much require. This desirable end the patient will find much accelerated by keeping the bowels moderately open and rubbing the parts affected with rigidity or pain with the Anti-rheumatic Essence, immediately previous to exercise, or during its continuance. This will be found to possess that subtile and restorative quality, which seldom fails of eradicating the disease, where it is properly supported by temperance, and a due attention to such exercises as may be deemed most proper to rouse the part or parts affected. A short use of it will commonly be sufficient. Towards the end of the cure, the moderate, though cautious use of the warm bath may assist much, by relaxing those parts which have become obstinate by its long continuance. The lumbago and sciatica will also receive relief from the use of the Essence, though at times it must be assisted  
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in its effects by a previous bleeding, if the patient is plethoric, or the pulse full and hard; if the bowels are costive, or so inclined, the frequent use of purgatives are proper.

The next disease in which Temperance and Exercise will prove an advantageous cure, if judiciously applied, under certain circumstances, is

### *THE PALSY.*

This disease may arise from many remote causes, as, excess of eating or drinking; a cold moist air; water or pufs effused upon the brain; or external pressure; wounds of the brain, or medula spinalis; the colica Pictonum; suppressed evacuations; sudden fear; convulsions; apoplexy; and other causes operating on the nerves. The proximate cause, is the interruption of the nervous fluid in its passage from the brain, the medula oblon-

gata

gata and spinalis into the nerves, or stopping its course to the organs of motion.

Before the attack of Palsy, there is frequently a degree of torpor of the senses, paleness, and sense of weight and uneasiness in the head, with occasional vertigo, these being signs of congestion on the brain; the pulse is generally small, soft, and slow, though sometimes quick and unequal; there is a sense of pricking in the affected parts; thus deprived of nervous influence, they waste, become cold, soft, and are frequently œdematous. It is seldom cured when depending on any external injury of the head; pressure, or luxation of the spine, is equally unfavourable; but, when a fit of apoplexy has gone off, and there remains a state of palsy, appearing as a partial affection only, it might, perhaps, be supposed, that the origin of the nerves is in a great measure relieved; but, in so far as there remains commonly loss of memory,



mory, it shows the origin of the nerves to be considerably affected; but, when the disease has subsisted for some time, when the symptoms marking compression on the origin of the nerves are removed; and when, even in the use of narcotics, there are no evident marks of congestion, it is then only that stimulants are properly admissible; though, in some cases of paralytic patients, for want of exercise, they have sunk into a state of debility, loss of appetite, and consequent emaciation, in which tonics have frequently been of advantage.

The stimulants employed in palsy are various. In all cases where the exercise of gestation can be employed, they are proper; as even in cases of compression the stimulus of such exercise is moderate, and therefore safe; and it always determines to the surface of the body, and is a remedy in all cases of internal congestion; but, to use

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bodily

bodily exercise with advantage, it requires the congestion to be previously removed, then it becomes safe, and is wonderfully restorative; and, in many instances, besides supporting the general health of the patient, promotes rest, and eventually restores them to the use of their limbs.

Exercise is a remedy, under these circumstances, which has the precedency in rank of all others, especially if the part or parts affected retain nearly their usual heat, and are not entirely deficient of nervous influence, appearing but ever so little under the direction of the mind, and the limb not much wasted, the relief is then more certain, and to be obtained with less perseverance and uneasiness. The use of external friction, warm clothing, and hot baths, have been of great service. The patient's diet should be light, and of a nourishing kind; and the congestion is to be previously removed, by bleeding, purging,

purging, &c. according as the symptoms may indicate; or else by volatile and diffusive stimulants, taken internally, and applied externally.

Exercise and Temperance, in the next place, prove an advantageous cure in

### *POLYSARCIA.*

Corpulency is in very different degrees in different persons; and may be often considerable, without being considered as a disease; but, however, there is a certain degree of it which will generally be allowed to be a disease; as, for example, when it renders the respiration difficult, producing uneasiness to themselves, with slowness of motion, and weakness, rendering them unfit to discharge the duties of life, and when it produces profuse sweating on the least exercise, with all those misfortunes

misfortunes which attend voracious animals, such as inflation, distention, &c. It is, however, very necessary to observe, that plethora and corpulency are generally combined together; and, in some cases of corpulency, it may be difficult to determine which of the causes has the greatest share in producing it; though it is very possible for plethora to occur without any considerable degree of corpulency; yet I apprehend, that no great degree of corpulency can exist without producing plethora on particular parts, as in a great part of the system of the Aorta, so affecting the lungs and vessels of the brain.

In attempting its cure, when the habit is threatened with any morbid effects, from the plethora existing either in the head or lungs, this must be removed by a bleeding or two; and, as corpulent people do not bear blood-letting well, purg-

ing



ing is most to be depended upon for the removal of the plethora. The diet should be sparing, or rather such as affords little nutritious matter; it must therefore be chiefly, or almost only on vegetable matter, and, at the very utmost, of milk. They should abstain from spirits, wines, and malt liquors, drinking in their stead, either spring water, toast and water, or else water agreeably acidulated by any pure vegetable acid. Such a diet should be employed, and generally ought to precede Exercise; and, though corpulent people do not easily admit of bodily exercise, yet it is the only mode that can be effectual; and I am of opinion, that even the most corpulent may be brought to bear it, by commencing it gradually, and increasing it slowly by degrees, but, at the same time, persevering in such attempts with great constancy. Thus will this disease yield to Abstinence and Exercise.

*The*

*The advantages* resulting from Temperance and Exercise having been somewhat illustrated by this time, their beneficial effects will be admitted, particularly in chronic diseases; and even after the acute ones, when the strength has been much impaired by them.

From inattention to these, diseases have often become obstinate of cure; and remedies, every way fitted to the recovery of the patient, have not had their desired effect. Besides the no small comfort a man derives from becoming acquainted with his own powers, it gives him health and confidence, rendering him not only capable of defending himself from the rude insults of the ignorant and designing, but may also afford him an opportunity of showing his humanity, by protecting his friend, or any helpless and deserving object.

Exercise,

Exercise, like every other thing, becomes only useful in such cases as it is applicable in; and, even then, its use requires to be regular and circumspect. Under this impression, I shall lay down to others, those general rules, from which, by experience, I have derived most benefit.

The general rules for promoting the benefits of

### *EXERCISE*

ARE,

I. People subject to hereditary gout, and serophulous tumours, are by no means fit for strong exertions.

II. Those that have had their joints dislocated, or are, or have been ruptured, are by no means fit for great exertions.

III. Great caution is to be observed, when valetudinarians make use of Exercise as a restorative; for instance, they should

should be warmly clothed, and should be cautious to avoid rain, or damp weather and situations; but if, by accident, they should get wet, be careful and change immediately on returning home, putting on warm clothes, and taking some refreshment. Now, as the exercise of gestation depends entirely on the weather, it becomes an object worthy of our consideration, how to employ those days, weeks, and even months of rainy weather, which intervene, and rob us of its benefits. This desirable end may be accomplished, by attending to the following rule.

IV. The patient in such weather should be warm clothed, and have a dry place to exert himself in, the air of which is of a temperate heat. There the exertion should be exactly in proportion to the strength of the patient, so as to admit of frequent resting; and, when finished, something of a nourishing and of a tonic nature should be given him.

V. The



V. The best time for exercise, is the fore part of the day in summer, and about the middle of it in winter.

VI. To promote farther the benefits of Exercise, Temperance will suggest to us the propriety of keeping the head cool, the body open, and the feet warm; the mind should also be kept free from passion, and all excesses should be carefully avoided.

Besides which, it is particularly incumbent on such persons as are afflicted with rheumatism of the chronic kind, palsy, or dyspepsia, to habituate themselves to that degree of exercise which they find they are capable of supporting. Exercise, when used as a restorative, should always be of sufficient force to rouse the external circulation, and to produce a moderate degree of heat and perspiration; its continuance is to be regulated by the strength and feelings of the patient, as

its advantages are much diminished when it exceeds the proportion prescribed, and then, from its violence, it may be said to debilitate. To derive benefit from it we must be cautious to exert ourselves in a dry and warm atmosphere; and the refreshment taken should be invariably warm and nourishing.

As the body of man, when of its finest proportion, admits of a vast change and force of action, its natural powers may be increased much by habitual exertions; just as study strengthens the mind, when employed in its due proportion, so also doth labour the body; then, without fixing the height of the body, it is sufficient in my mind to constitute it strong, provided it be muscular, tendinous, the joints firm, and the whole strongly preponderating to a square structure; as in Homer's description of Ulysses, when about to engage Irus in fight.

“ Then

" Then girding his strong loins, the king prepares  
 " To close in combat, and his body bares ;  
 " Broad spread his shoulders, and his nervous thighs,  
 " By just degrees like well turn'd columns rise ;  
 " Ample his chest, his arms are round and long,  
 " And each strong joint Minerva knits more strong."

Then men are first to judge what peculiar kind of exercise they may severally have a taste for, and its suitability to their present state and strength ; being careful, if possible, not to overrate themselves in their own esteem, for by so doing they may not uncommonly overdo the business in the first outset. They should recollect, that from a small spark may arise a great flame, and should therefore foster their little strength, which, by patience and regularity in a due course of exercise, will in time wonderfully increase, even beyond their most sanguine expectations, allowing such to be within the bounds of reason. Be careful not to strip too much,

but

but exercise in a loose, yet moderately warm jacket; and allow every kind of garment to be easy and rather loose. The place should be roomy, dry, and rather warm, where the exercise should be regularly persevered in. During its use, a pint of porter or ale may be drank, by frequent and small draughts, at the intervals of exertion, being careful that its heat be equal to that of the body. But, as Exercise calls parts into actions to which they have not before been habituated, so it produces in the first instance rigidity and pain; but, by persevering with regularity, this inconvenience is got the better of. You must not allow the feelings of your body to get the better of the resolution of your mind, more especially when engaged in the recovery of health; as in time you will find no other inconvenience attending even great exertions, except that of being a little tired; to  
 counter-



counterbalance which, you will find the appetite improved, digestion going on better, the nerves considerably braced, the muscles improved in strength, the whole body rendered more healthy, and your nights will seldom be disturbed, enjoying for the most part uninterrupted repose.

The exertion should not be of such a nature as violently to overheat or fatigue; if so, rest frequently, and drink as directed; but when it is too violent, its purpose is defeated, tending more to debilitate than strengthen the body. It is seldom necessary to exert yourself more than half an hour, to attain that sufficient degree of external circulation, and free state of perspiration on the skin, which are absolutely requisite to its promoting health, amounting, in other words, to a kind of refreshing glow over the whole body; this being attained, throw off your jacket, and put on a loose, but warm great coat, not leaving

leaving the warm apartment for some little time, till all the superabundant heat and moisture may have subsided, so as to lessen the force of the external circulation before you run any risk of exposure to a cold and damp atmosphere. If, from habits of intimacy, you can engage a friend to accompany you in your habitual exertions, it will no doubt render it less tedious, by giving life to your endeavours; but if you cannot meet with such a one, let your own reason and your occasional attainments supply his place.

With respect to the cold bath, none should engage in the use of it, unless a gentle glow is excited in them by moderate exercise, and this when the stomach is most empty.

Though the proper use of a cold bath is very strengthening to many, yet if the patient stays in much longer than is necessary for being wholly immersed, he  
will

will be weakened by it, and that in proportion to his continuance there. But previous to cold bathing, evacuations, such as the patient requires, should be made.

If cold bathing is used to increase the strength or preserve health, sweating should never follow it. The morning is the best time for the cold bath, because then the perspiration is most finished.

If the bath makes the patient cold and numb after bathing, then it must be omitted; but while it continues to excite an universal glow after coming out of it, then it is useful. It is found to be a powerful restorative to such as are of weak nerves and of a relaxed habit; but, when the fibres are rigid, and the viscera unsound, then cold bathing is injurious. The cold bath contracts the solids, condenses the fluids, and accelerates their circulation; this is performed by its stimulus, when the water is  
fresh,

fresh, and by its gravity, as well as stimulus, when it is salt. If benefit is expected from its pressure, then the sea water must be chosen; and this, like most other things, requires to be persevered in, to reap much benefit.

**FINIS.**




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